

2015 WHOI Fitness Challenge: Beat the Heat 2015

10-Week Challenge: April 12th - June 20th 2015

The WHOI Fitness Challenge is back again for its seventh year! It's time to "Beat the Heat 2015 & Get Back in Shape" to a healthier lifestyle!

This year, the challenge will be an 10-week event which will run from Sunday, April 12th through Saturday, June 20th 2015. This is a friendly and competitive TEAM challenge where participants will earn points by engaging in a variety of wellness-related activities.

It doesn't matter if you are just starting out or if you have been exercising for some time. Prefer walking over running? Kayaking over softball? Bicycling over Pilates? No problem! With this challenge, you get to "Chart Your Course." The challenge is not about weight loss (although that may be one of the many benefits you'll enjoy!), but rather increasing your physical daily activities. This is an event for individuals of all fitness levels. In addition, the program include additional points for healthy behaviors such as drinking water and eating your fruits & vegetables.

We invite everyone to participate and join us for lots of fun and activities that will be offered throughout the challenge!

Getting Started

Form Your TEAM

To get started, gather up 4 of your co-workers to form a TEAM of 5. Have your team select a TEAM captain and then come up with a great team name! Teams are welcome to re-use their team name from prior years.

Having trouble getting a team together, but still want to participate? Just contact wellness@whoi.edu and give us your name. We'll do our best to match you up with a team looking for additional members.

TEAM Registration

The TEAM captain is responsible for registering their TEAM using the online registration tool. The deadline for registration is Wednesday, April 8th 2015.

Each participant is required to sign a health waiver. The waiver form must be completed by each participant in this year's Fitness Challenge. Waiver forms should be completed and submitted to the Benefits Staff in Human Resources no later than April 8th, or you can bring it with you to the Kick-Off on April 13th in Redfield at noon.

Program Guidelines

To participate, you must form a TEAM of 5, choose a TEAM captain and give your TEAM a catchy name. The team captain is responsible for completing the online Team Sign-up Sheet listing each member of your team. Please feel free to use your same TEAM name from last year (if applicable).

Each week, the winning TEAM will be determined by different criteria which will be announced throughout the Challenge. Each participant will earn points based on the specific activities and/or healthy behaviors each week. Please refer to the list of activities and healthy behavior rewards that are eligible to earn points. To qualify for the weekly team prizes, each TEAM must have 4 of their 5 team members exercise at least 2 hours and submit their log on time. (5PM every Monday of the fitness challenge)

In addition to the weekly TEAM prizes, we will recognize individual participation for those members who exercise at least 2, 4, or 6 hours each week. Each week, every participant who exercises at least 2 but less than 4 hours, 4 but less than 6 hours, and 6 or more hours will automatically be entered into a raffle drawing to win a prize. Prizes will vary in value based on the exercise level (2, 4, or 6). In order to reward as many participants as possible, no participant will be allowed to win twice.

Throughout the 10-week period, there will be special organized activities and WHOI sponsored events/seminars which can be done as an individual or as a team effort. Extra points will be earned for participating in these special events. Stay tuned for information on upcoming events to be offered!

More information will follow in the upcoming weeks. Check out the weekly WHOI Headlines for details or call your Benefits representative. If you are interested in running an event, whether one time or more, please contact Julie Fawkes ext. 3730 or Patty Mahoney ext. 2602

April 12th – Let the FUN begin!!!

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